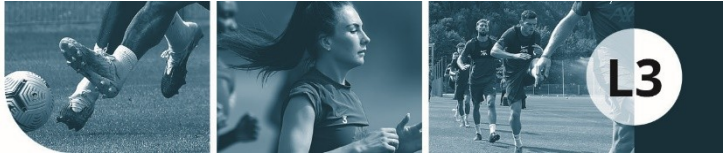
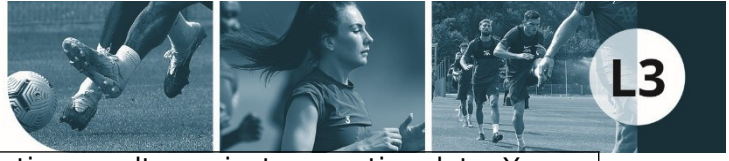


BTEC Assignment Brief

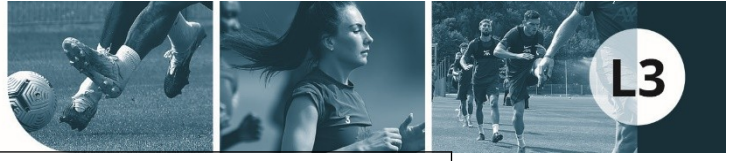
Qualification	Pearson BTEC Level 3 International Qualifications in Sport
Unit number and title	**Unit 28: Fitness Testing**
Learning aims	B Use health screening techniques and fitness tests for a specified purpose C Interpret the results of fitness tests and health screening techniques for a specified purpose
Assignment title	Devise and administer health screening and fitness testing and provide recommendations for lifestyle improvement and future activities
Assessor	
Issue date	
Hand in deadline	

Vocational Scenario or Context	The club are interested in developing the physical conditioning of the athletes and are looking for someone to assist with the fitness testing procedures to determine the current fitness levels of a range of athletes. You have been asked to demonstrate your practical skills and understanding of fitness testing procedures through a variety of tasks.

Task 1	Devise and administer health screening and fitness testing that are relevant to a chosen sport. Feedback should be given to the client based on data interpretation and consultation with normative data. Recommendations for lifestyle improvement and future activities or training should be provided. You will prepare an appropriate health screening questionnaire and conduct health screening procedures for two contrasting individuals. The health screening procedure should cover the safe administration and interpretation of four health monitoring tests selected for each individual, for example blood pressure, body mass index, lung function and waist- to-hip ratio. You will select and safely administer six different fitness tests for a selected individual and record the findings. You will need to evaluate the health screening questionnaires and the health monitoring test results of the two contrasting individuals. You then need to give verbal feedback to the individual, describing their test results and general levels of



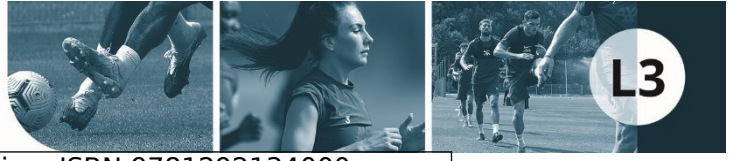
	fitness and interpreting results against normative data. You must be aware of, and adhere to, reasons for test termination. You then need to provide recommendations for lifestyle improvement to the participants. Value judgements about the strengths and areas for improvement should be made and, where areas for improvement are identified, recommendations put forward for lifestyle changes. You will need to analyse the results and provide recommendations for appropriate future activities. Look beyond the basic facts and make appropriate comments. Make recommendations on the frequency, intensity, time and type of activity that should be carried out to facilitate improvements for the individual selected. The task should be carried out in a way that ensure you cover the following information: **Section 1: Health screening procedures** • Health screening questionnaires • Client consultation • Client confidentiality • Informed consent • Cultural sensitivity • Medical history • Medical referral **Section 2: Health monitoring tests** • Heart rate • Blood pressure • Lung function • Waist-to-hip ratio • Body mass index **Section 3: Fitness tests** • Tests • Preparation for tests **Section 4: Administering tests and screening** • Pre-test procedures • Test sequence • Test protocols • Health and safety • Recording test results • Reasons to terminate a fitness test • Professional conduct, decency and confidence **Section 5: Interpret results against normative data** • Compare and make judgements • Accepted health ranges **Section 6: Feedback** • Feedback • Tests carried out • Test results • Levels of fitness • Strengths and areas for improvement • Recommendations



Checklist of evidence required	Devise and administer health screening and fitness testing and provide recommendations for lifestyle improvement and future activities, covering the following areas: • Health screening procedures • Health monitoring tests • Fitness tests • Administering tests and screening • Interpret results against normative data • Feedback

Criteria covered by this task:	
Unit/Criteria reference	To achieve the criteria, you must show that you are able to:
B.P2	Prepare an appropriate health screening questionnaire.
B.P3	Devise appropriate health screening procedures.
B.P4	Safely administer health screening procedures.
B.P5	Select and safely administer six different fitness tests for a selected individual.
C.P6	Interpret general levels of fitness against normative data from health screening and fitness tests.
C.P7	Give feedback to participants following fitness testing and health screening, describing the results.
B.M2	Justify the design of health screening questionnaire and procedures.
B.M3	Justify the selection of fitness tests commenting on suitability, reliability, validity and practicality
C.M4	Outline the strengths and areas for improvement based on information from health screening questionnaires and health monitoring tests.
C.M5	Compare the fitness test results to normative data and identify strengths and areas for improvement.
BC.D2	Evaluate the health screening questionnaires and health monitoring test results and provide recommendations for lifestyle improvement and activities.

Sources of information to support you with this Assignment	**Textbooks** Adams M et al – BTEC Level 3 National Sport (Performance and Excellence) Student Book (Pearson, 2010) ISBN 9781846906510 Adams M et al – BTEC Level 3 National Sport Teaching Resource Pack (Pearson, 2010) ISBN 9781846906541 American College of Sports Medicine – ACSM's Guidelines for Exercise Testing and Prescription, 7th edition (Lippincott Williams and Wilkins, 2005) ISBN 9780781745901 American College of Sports Medicine – ACSM's Health-Related Physical Fitness Assessment Manual (Lippincott Williams and Wilkins, 2007) ISBN 9780781775496 Coulson M – The Fitness Instructor's Handbook: A Complete Guide to Health and Fitness – Fitness Professionals (A&C Black, 2007) ISBN 9780713682250 Gledhill, A., et al. (2016), BTEC Nationals Sport Student



	Book 1, Pearson Education, ISBN 9781292134000 Heyward V H – Advanced Fitness Assessment and Exercise Prescription (Human Kinetics, 2006) ISBN 9780736057325 Howley E T and Franks B D – Health Fitness Instructor's Handbook (Human Kinetics Europe, 2003)ISBN 9780736042109 Powers S K and Howley E T – Exercise Physiology: Theory and Application to Fitness and Performance (McGraw Hill Higher Education, 2006) ISBN 9780071107266 Sharkey B J and Gaskill S E – Fitness and Health (Human Kinetics, 2006) ISBN 9780736056144 Skinner J – Exercise Testing and Exercise Prescription for Special Cases: Theoretical and Clinical Applications (Lippincott Williams and Wilkins, 2005) ISBN 9780781741132 **Websites** American College of Sports Medicine www.acsm.org Coachwise www.1st4sport.com Human Kinetics www.humankinetics.com Sport Science www.sportsci.org Sports Coach UK www.sportscoachuk.org Top End Sports www.topendsports.com
Other assessment materials attached to this brief	